

## Why do parents need to be involved?

You know your child better than anyone else and you are the expert on him or her.

Teaching your child to make choices, to make friends, to keep going when it's hard are all SEAL skills that you will have been teaching your child since they were very small.



It's important that children practise what they have learnt in SEAL lessons. Your child might learn in a SEAL lesson, for example, how to sort out problems peacefully. They need lots of opportunities to practise their skills in 'real life' situations at home as well as at school.

It makes sense for you know about the skills they are learning at school so that you can encourage and support them at home, just as you would with any other curriculum areas.



## How can you help at home?

The most important things to do to support your child are to:

- Know the SEAL skills your child is learning about (see 'SEAL Skills' section)
- Encourage and support them in trying out their SEAL skills
- Notice when they use SEAL skills and reward them
- Model using the skills yourself

*Hey, Callum, I saw you give Ben half your crayons. Well done - that's good sharing!*

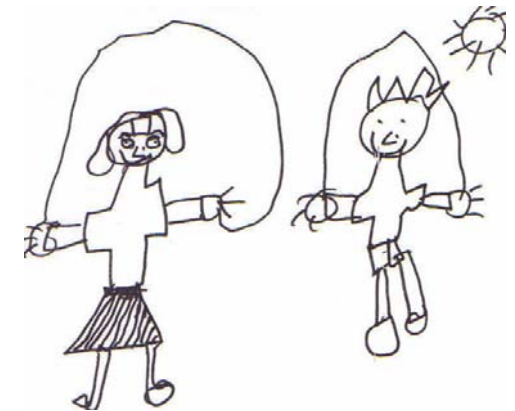
Children learn by watching, by trying out what they see others doing and by repeating behaviour that is rewarded.

*"Don't worry that your children are not listening to a word you say - worry that they are watching everything you do!"*

If you want to find out more about SEAL, ask your child's teacher how parents can become involved. You might be invited to SEAL assemblies, asked to help your child complete activities linked to the theme, or invited to take part in **Family SEAL Workshops** - a great opportunity to have fun, make friends and explore some of the SEAL themes in more detail.

# SEAL

A guide for parents/carers



..... Primary School

*"They may forget what you said but they will never forget how you made them feel."*

- Anonymous

## Dear Parents and Carers

Our school thinks that your child is of great importance and we believe that to be able to learn they need to be happy, confident, understand themselves, understand their feelings and know how to get on with each other and make friends. To help all our children with this we will be working in school on special activities that develop these skills.

Educational experts have found that these skills are just as important as, some say more important than, the '3 Rs' in helping children to become happy, confident and successful in life. In fact learning these skills helps children achieve more highly, not just in the '3 Rs', but in *a//*subjects - when schools teach these skills children's SATs scores improve!

These skills will be taught through 7 themes throughout the year and we will also be introducing activities to do at home. Some of these will be best done together with an adult and we hope you will enjoy doing these with your child. Over the year we will also send home a series of leaflets providing you with more information on each theme, and ideas for how you can support your child's learning at home.

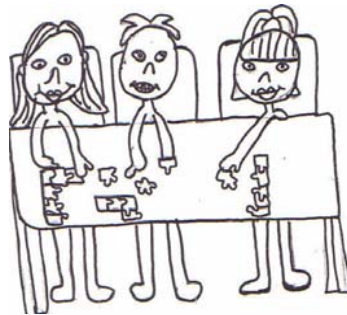
We will be happy to talk to you about any aspect of this work if you would like more information.

**With best wishes from  
everyone at the school.**

## What is SEAL all about?

SEAL stands for the '**Social and Emotional Aspects of Learning**', and the skills it covers include:

- Learning about our feelings and how to manage them.
- Getting on with each other and seeing things from other points of view.
- Sorting out arguments fairly.
- Feeling confident, taking responsibility and standing up for themselves (without being aggressive).
- Making their goals happen - keeping going and bouncing back!
- Coping with change, loss and bullying.
- Solving problems and making choices.



These skills will be taught through 7 themes throughout the year, and these are as follows:

1. **New beginnings**
2. **Getting on and falling out**
3. **Say no to bullying**
4. **Going for goals**
5. **Good to be me**
6. **Relationships**
7. **Changes**

## SEAL Skills

The skills developed through SEAL are usually grouped under these five main headings:

### **Self-awareness** (and self-valuing)

- Feeling OK about ourselves (even when we get it wrong).
- Understanding ourselves - our emotions, our behaviour, our strengths and weaknesses, how we learn best, etc.

### **Managing feelings**

- Helping ourselves to calm down and finding ways to help us to feel relaxed, so that our emotions don't control our behaviour.
- Understanding and coping with change, loss and grief.

### **Motivation**

- Accepting responsibility for what we do - both successes and failures.
- Motivating ourselves to keep going even when it's hard.

### **Empathy**

- Recognising how other people are feeling.
- Understanding how our words and behaviour affect other people.
- Seeing situations from different points of view.

### **Social skills**

- Getting on with other people, and working well in teams.
- Understanding and respecting rules, rights and responsibilities.
- Communicating well.
- Solving problems with other people.
- Being assertive (without being aggressive).
- Dealing with bullying.